Warm Water Therapy

at the Wealshire
for you and/or your loved one
Free to Residents & $15 for outside community

Thursdays at 10:30-11:30A.M.

RSVP required

Contact Chris Archer at 224-543-7215 or carcher@wealshire.com
Or Elizabeth Ury at 224-543-7054 or eury@wealshire.com

Taught by a certified instructor in Arthritis therapy for land and water, as well as Aquatic Exercise Association certified. Our instructor will use gentle movements of both to help with balance and strength. Electronic chair lift provided.

Benefits:
Decreased Stress on Joints, Bones and Muscles
Increased Flexibility and Range of Motion
Increased Balance and Coordination
Increased Endurance, Muscle Tone & Strength
INCREASES FUNCTIONAL ABILITY

THE WEALSHIRE
A HIGHER STANDARD OF CARE